

Breakfast

start with a healthy dose of vitamins + energy!

Yoghurt Bowl 7,50

Greek yoghurt, banana, mango, granola, chia seeds & coconut flakes

Smoothie Bowl 10

Pineapple, mango, banana, dragon fruit, granola, chia seeds & shaved coconut

Smoothies

only the essentials for your body

Green Magic

small 5,50 large 6,50

Pineapple, spinach & apple

Avocado Heaven

small 5,50 large 6,50

Avocado, apple & lemon

The Cure

small 5,50 large 6,50

Carrot, apple & ginger

Ginger Shot

2,75

Pure ginger

Shakes

No one can stop you!

small 6 large 7

Almond milk, banana, avocado, dates & oat

Keep it simple

small 5,75 large 6,25

Vanilla milk, strawberry, banana

In need of some extra Protein?

+ Vegan protein 1,75

chocolate or vanilla



Nuts



Lactose



Gluten



Vegan

Allergies? Please let us know because we care



The favorite



Shrimp Wonderland Bowl

small 13 large 15

Garlic shrimps, papaya, seaweed, corn, avocado, radish, Sriracha mayo sauce, chili flakes & mini nori

@ilovethepokemarket

Poké Bowls

available with sushi rice, quinoa or mixed greens

Salmon Soul Bowl

small 14 large 15,50

Fresh salmon, edamame beans, red cabbage, cucumber, mango, avocado, furikake, orange masago & soy chili sauce

The Green Magic

small 14 large 15,50

Fresh salmon, edamame beans, seaweed, cucumber, avocado, furikake, bell pepper, orange masago & avocado sauce

Tuna Treasure Bowl

small 15 large 16,50

Fresh Ahi tuna, mango, rettich, edamame beans, spring onion, avocado, avocado sauce + Sriracha mayo, crunchy onions & nori tempura crisps

Chicken Champion Bowl

small 13 large 14,50

Juicy chicken thighs, carrot, shiitake mushrooms, romanesco, corn, avocado, truffle mayo + Sriracha mayo, black sesame & jalapeño

Burritos

it tastes even better than it looks!

Salmon Soul Burrito 12,50

Fresh salmon, edamame beans, red cabbage, cucumber, mango, avocado, furikake, orange masago & soya chili sauce

Vegan Paradise Burrito 12

Sweet tofu, radish, fennel, romanesco, shiitake mushrooms, mango sauce, avocado, sesame white & sesame black

Extra's

Wasabi 0,50

Ginger (pink) 2,00

Vegan Paradise Bowl

small 13 large 15

Sweet tofu, radish, fennel, romanesco, shiitake mushrooms, mango sauce, avocado, sesame white & sesame black

Tempah Fusion Bowl

small 13 large 14,50

Spicy tempah, corn, bell pepper, cherry tomatoes, spring onion, mango sauce, avocado, crunchy onions & wasabi sesame

Crab Adventure Bowl

small 13 large 14,50

Crab, edamame beans, cherry tomatoes, seaweed, avocado, chili flakes, bell pepper, sesame white & soy chili sauce

The Poké Market Special

small 15 large 16,50

Garlic shrimps + Ahi tuna, cucumber, edamame beans, mango, bell pepper, corn, avocado sauce + Sriracha mayo, jalapeño & sesame white

Extra's

Wasabi 0,50

Ginger (pink) 2,00

Chicken Champion Burrito 11

Juicy chicken thighs, carrot, shiitake mushrooms, romanesco, corn, avocado, truffle mayo + Sriracha mayo, black sesame & jalapeño

Tuna Treasure Burrito 13

Fresh Ahi tuna, mango, rettich, edamame beans, spring onion, avocado, avocado sauce + Sriracha mayo, crunchy onions & nori tempura crisps

Side Dishes

Steamed Edamame Beans 4

Regular or spicy

Tuna Wasabi Cookies 6

Four pieces of nori wasabi crackers, topped with Ahi tuna & Japanese mayo

Wasabi Yakitori Skewers 6

Four chicken skewers, wasabi-avocado sauce, topped with spring onion & white sesame seeds

Seaweed Salad 4

Wakame topped with white sesame

Tuna Salad 7

Ahi tuna marinated in sesame oil with wakame & avocado

Tempura Ebi 4

Four pieces of crunchy fried shrimps

Miso Soup 3,50

Traditional Japanese soup

Shrimp Skewers 6

Two shrimp skewers seasoned to perfection

Drinks

Ginger ale 3,50

Infused ginger wafer 3,50

Infused cucumber wafer 3,50

Infused Poké Market wafer 3,50

Schulp biological pear juice 3

Schulp biological apple juice 3

Arizona green tea 4

Arizona pomegranate tea 4

Arizona peach tea 4

Arizona watermelon 4

Aqua Panna 3,50

San Pellegrino 3,50

Desserts

made by our own recipe

Carrot cake 5

Raw - Chocolate Bliss Balls 6

3 pieces, dates, nuts, cacao & coconut

Banana Bread 4

Raw - Granola Bliss Balls 6

3 pieces, dates, oat, nuts & cinnamon

create your own bowl on the next page!



CREATE YOUR OWN BOWL

1 Poké Bowl or Burrito

Poké Bowl

small 13 large 14,50

Filled with sushi rice

Sushi Burrito

11,75

Filled with sushi rice

2 Select the base

Poké Bowl

Sushi rice, quinoa or mixed greens

Sushi Burrito

Filled with sushi rice

3 Toppings

Ahi Tuna + 2

(regular or marinated)

Fresh Salmon

(regular, flambé or marinated)

Sweet tofu

Baked shrimps

Juicy Chicken thighs

Crab

Tempeh ✓

Feeling hungry? Add an extra Protein! + 3

4 Green toppings

Cucumber

Fennel

Mango + 1

Edamame beans

Seaweed salad + 0,5

Shiitake mushroom

Corn

Red cabbage

Romanesco

Papaya + 1

Radish

Rettich

Carrot

Avocado + 1

Pomegranate + 0,5

Cherry tomatoes

Bell pepper

Spring onion

Choose up to 4 toppings

Want more? + 1

5 Sauces

Truffle mayo 🍷 🌿

Soy chili dressing ✓

Avocado sauce ✓

Mango sauce ✓

Sriracha mayo 🍷 🌿

Choose up to 2 sauces

Want more? + 1

6 Finishing touch

Sesame wasabi

Sesame white

Sesame black

Furikake

Crispy onion

Chili flakes

Panko 🌿

Crunchy dried onions 🌿

Orange masago

Nori tempura crisps 🌿 🍷

Mini nori 🌿

Jalapeños

Choose up to 2 crispy bits

Want more? + 1

